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***“Beauty and body image in the media”***

[www.media-awareness.ca](http://www.media-awareness.ca)

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This article is about how the media in America tells you how to look and how people who work in the media are forced to look skinny. Models have to fast, skip meals, have excessive exercise, and self-induced vomiting just to look good. The media advertises like this because the girls who don’t have good self confidence or self esteem are the ones who will go out and buy all the products.

A connection I made to this article is where they say the girls who are less confident go out in buy the products. I know if I see a commercial that says it will give me perfect hair I would instantly go buy it. I learned that some models are fainting on the set because there not eating enough

I wonder if any models, photographers, or agents are trying to change this or if they just don’t care.

This relates to my topic because it’s talking about the media pressuring people to look a certain way. If you don’t you won’t be good at anything. Body image is mostly because of the media.